

# Connections



in Marriage and Family Therapy

[www.MiddleAtlanticAAMFT.org](http://www.MiddleAtlanticAAMFT.org)

Winter, 2011

## President's Report January 2011

The Middle Atlantic Division starts the year with a new president, Christina Guidorizzi and a candidate for the position of president-elect, Laurel Fay. We hope to give continuity to the wonderful work that Wendy Wilcox has developed during her tenure as president. Wendy has been a dedicated and energetic leader who worked to promote conferences and membership development, and led us to legislative victories on the Maryland front. Fortunately, she will continue to work with us as past president and legislative advisor and activist. Thank you, Wendy.

Last year, during our general membership meeting, we heard from numerous members their visions for the development of the Division. The Board will do its best to implement our member's goals, which consisted of continuing with our yearly conference, creating networking events, developing our website, helping integrate students into the profession and working on a legislative agenda related to insurance reimbursement, among others. As we work toward these goals it is crucial that all of you, members, get more involved. Every legislative development, conference event and professional organization requires effort, and we will be reaching out to you to work with us, as you offered at the time. Throughout the country, members have been requesting a more participatory Association on various fronts. At the Middle-Atlantic Division we feel that with further collaboration from our members we can better address our professional needs and learn more about available resources, and therefore develop ways to expand and implement our goals. In this first letter as president I wish to thank all of you who, in one way or another, have been participating with your presence at our events, with ideas,

articles for the newsletter, contributions, etc. I also want to inform you of my intention of working collaboratively with the membership.

Several positive changes have been happening over the past few months. Carlo Panlilio and Carol Deel are new in representing us at the Board of Professional Counselors, along with Stephanie Chupein. The Board will now have full MFT representation. Alexandra Rickeman resigned to give birth. We wish you all the best, Alex! Drew Joseph, clinical manager at Catholic Charities in Washington, DC, will be the city representative at the Board. We are thrilled to have all of you working with us.

Our work toward expanding clinical skills remains strong. The February 4<sup>th</sup> conference with Esther Perel, who presented on *The State of Affairs*, was a great success. Esther Perel is a wonderfully engaging speaker who brings innovative ideas to understanding couples' relationships in such a crucial moment of their lives. Also, this year, the Mid-Atlantic Division will be co-sponsoring two pre-conference workshops with AFTA, the American Family Therapy Academy.

On the social front, Nicki Drotleff offered her beautiful home for a get together on April 16<sup>th</sup>. It will be a wonderful opportunity to exchange ideas and elaborate on future events.

I look forward to working with all of you during these next two years. Remember to get involved. We are already working to develop social and networking events to create more opportunity for members to stay connected.

**Christina Guidorizzi, President**

## Child and Family Play Therapy

The students of the Couple and Family Therapy program at the University of Maryland have recently had the pleasure of welcoming Dr. Eliana Gil, Director of Starbright Training Institute for Child and Family Play Therapy and therapist at the Gil Center for Healing and Play, for a three day training course on family play therapy. The course, which will meet for the final session on March 18, 2011, has given the students, clinical supervisors, and affiliates of the Couple and Family Therapy program at the University of Maryland a unique insight into the art of play therapy as it has been mastered by Dr. Gil.

The class exercises, which are largely experiential, allow the therapists to broaden their understanding of the interventions. Through their own experiences in the class, the therapists are able to discover the world of play therapy and its potential for young clients and their families. To date, Dr. Gil has used hands-on experience, case presentations, and lecture to engage the therapists around a variety of techniques that are unique to play therapy. Dr. Gil describes the unique benefit of play therapy as its ability to make a connection with the right side of one's brain. As language often limits the process of expression for many clients – especially young clients, play therapy allows for a comfortable level of expression that is not confronting. Play allows the therapists to interpret the metaphor the clients present as a way of understanding the deeper issue in the family. For the clients this is often a safer way to talk about some of the hard things in their lives.

Dr. Gil has shared a variety of techniques including the family puppet show, the miniature family genogram, the circle project and the use of line art for both clients and therapists alike. All of these techniques give the clients the agency to pick puppets, miniatures, colors, and symbols that they are drawn to. Dr. Gil elaborates on how the therapists can deepen these metaphors and expand on the stories they present. By doing this, therapists can not only assess the family, but also help the clients understand feelings they may not have comprehended in the past. Therapeutically, the expansion of the metaphor helps to safely explore these feelings.

Dr. Gil's exciting use of metaphor gives the therapists the tools to engage the entire family, expand on their story, assess their structure, and work with clients in a way that is not confronting to them. Dr. Gil's expertise and insight into the realm of play therapy is a welcome addition to the repertoire of tools we have to use in family therapy practice.

Morgan Anne Childers  
MFT Student. UMD

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## AFTA 2011 Pre-Conference Workshops

**The Mid-Atlantic Division, together with Johns Hopkins and the Maryland chapter of the National Association of Social Workers, is co-sponsoring The American Family Therapy Academy (AFTA), 2011 Pre-Conference Workshops, scheduled for Wednesday, June 22, at the Sheraton Inner Harbor Hotel in Baltimore.**

**“Integrating Sex and Couple Therapy: A Clinical Exploration”** presented by Tammy Nelson, PhD is a Board Certified Sexologist, an AASECT certified Sex Therapist, a Diplomat of the American Board of Sexology, a Licensed Professional Counselor, a Certified Imago Therapist, an Advanced Clinician in Imago Relationship therapy, an Imago workshop presenter, a Licensed Alcohol and Drug Counselor and a Registered Art Therapist. She is the author of several books including, *“Getting the Sex You Want; Shed Your Inhibitions and Reach New Heights of Passion Together”* as well as *“What’s Eating You? A Workbook for Anorexia and Bulimia.”* She has been a featured expert in *Glamour Magazine, Cosmopolitan, Men’s Health* and a source in *Time Magazine*. She has written for *Psychotherapy Networker* and other trade journals as well as several other major websites.

**“The Emergence of New Family Forms: Research on LGBT Families and Implications for Practice”** presented by Abbie Goldberg, PhD in clinical psychology from the University of Massachusetts Amherst and completed her pre-doctoral internship at Yale Medical School. She is currently an assistant professor of psychology at Clark University, where she has been since 2005. She is the author of over 30 peer-reviewed journal articles as well as the book, *Lesbian and Gay Parents and Their Children: Research on the Family Life Cycle*, which in 2010 received the Distinguished Book Award from Division 44 of the American Psychological Association. She has received grant funds from a variety of sources, including the National Institutes of Health, the American Psychological Foundation, the Williams Institute, and the Gay and Lesbian Medical Association. Dr. Goldberg also served as a consultant to many organizations, including the Human Rights Campaign and COLAGE: People with a Lesbian, Gay, Bisexual, Transgender or Queer Parent.

AFTA is opening their annual meeting to all MFTs who want to register. For more information, please visit [www.afta.org/conferences](http://www.afta.org/conferences)

## Middle Atlantic Division, AAMFT Candidate Information & Ballot

*The following candidate has submitted her nomination as President-Elect.*

### **Laurel A. Fay, M.S., LCMFT**

Ms. Fay is the primary and owner of Laurel Fay & Associates, located in Silver Spring, Maryland. She provides couple, individual, and family therapy, and has been in private practice since 2001. Previous to full-time private practice, she served as staff therapist and program director at several agencies in the Washington metro area, and as an adjunct faculty supervisor at the University of Maryland at College Park. Ms. Fay has worked extensively with couples, particularly around marital and intimacy issues, and has given workshops on family relationships to several organizations, including the Maryland Psychological Association ([MPA](#)). Ms. Fay is an AAMFT Clinical Member and Approved Supervisor, and she holds regular supervision groups for both pre- and post-licensure therapists.

### **Education**

M.S., MFT, University of Maryland, College Park, 1999  
B.S., Psychology, Syracuse University, New York, 1995

### **Professional Affiliations**

American Association for Marriage and Family Therapy

### **Statement of Goals**

The Mid-Atlantic Division has been an important part of my growth and success as an MFT, and I am honored to be given the opportunity to give back through service as President-Elect. I believe that a strong Division can and must be a unifying resource for MFTs, and that our support of each other is the key to our continued achievement both as individual practitioners and as a professional field.

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**Only Clinical Members should complete this ballot and submit to the Division Office no later than March 31<sup>st</sup>, 2011.**

Middle Atlantic Division, AAMFT  
Email: [madaamft@gmail.com](mailto:madaamft@gmail.com)

### **President-Elect (select one)**

\_\_\_\_\_ Laurel A. Fay, M.S., LCMFT

\_\_\_\_\_

NAME (to verify voting status only): \_\_\_\_\_

## Middle Atlantic Division, AAMFT Candidate Information & Ballot

*The following candidate has submitted her nomination as Secretary.*

### ***Katelyn Opel, M.S., LCMFT***

Ms. Opel works for Linkages to Learning through Guide Program, Inc., a private non-profit organization located in Gaithersburg, Maryland. She works at Gaithersburg Middle School providing individual, group, and family therapy. Ms. Opel is a Supervisor-in-Training and has been the Acting Secretary for the Mid-Atlantic AAMFT board for the past year.

#### ***Education***

B.A., Psychology: St. Mary's College of Maryland, St. Mary's City, MD

M.A., MFT: University of Maryland, College Park, MD

#### ***Professional Affiliations***

American Association for Marriage and Family Therapy

#### ***Statement of Goals***

I am dedicated to continuing the advancement of the profession of Marriage and Family Therapy through my involvement in the Board of the Middle Atlantic Division of Marriage and Family Therapy. I hope to help increase member participation by reaching out and supporting new members and helping the board develop a variety of social gatherings. I am committed to making a strong and supportive division.

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**Only Clinical Members should complete this ballot and submit to the Division Office no later than March 31<sup>st</sup>, 2011.**

Middle Atlantic Division, AAMFT

Email: [madaamft@gmail.com](mailto:madaamft@gmail.com)

#### **Secretary (select one)**

\_\_\_\_\_ Katelyn Opel, M.S., LCMFT

\_\_\_\_\_

NAME (to verify voting status only): \_\_\_\_\_

# Call to Action!

Dear Member,

I am personally writing to you asking for your assistance. As you know, the American Psychiatric Association wants to include marriage and family therapists in Field Trials phase of the DSM-5 development process. The APA is looking for 2,000 MFTs for participation and, to date, I am embarrassed to report we have less than 20 registered.

This invitation is really a “call to action” for positive representation of our profession. Without participation, our actions may reinforce the idea that MFTs are not serious about recognition on par with other mental health professionals such as counselors, psychologists and social workers.

***The American Psychiatric Association has taken the step of recognizing MFTs and now we must respond!***

I am asking that division leaders please send an email to all clinical members in your division stressing the importance of participation in the Field Trials. AAMFT will also include another announcement in the next edition of the AAMFT Enews. I want to thank those divisions having already sent out a message to your members. I realize that many members are already busy and ask that you send another reminder message to your members.

Please, emphasize to members that we cannot let this critical moment pass.

Wishing you the best,

**Tracy Todd, Ph.D.**

Director-Professional and Public Affairs

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## **Clinicians Needed for DSM-5 Field Trials**

Licensed Marriage and Family Therapists are needed for field trials for the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

DSM-5 Field Trials in Routine Clinical Practice Settings are designed to test the feasibility and clinical usefulness of the proposed diagnostic criteria and diagnostic-specific measures in real-world clinical settings; to examine whether the measures adequately capture changes in patients' or clients' symptom levels over time; and to examine whether they are informative for treatment planning.

The American Psychiatric Association wants to include clinicians from multiple disciplines in this important phase of the DSM-5 development process. Participating clinicians will be recognized as contributors in DSM-5 and receive continuing education credits for completion of the required online DSM-5 training session and participation in the field trials.

For more information about field trials and about volunteering, visit [www.psych.org/dsm5-rcp-fieldtrials](http://www.psych.org/dsm5-rcp-fieldtrials).

# Conference Announcements

**15th Annual Mary Douglas Wells Speakers Forum  
at the  
Sheppard Pratt Conference Center  
Friday, April 8th, 2011**

**“The Impact of the Internet on Relationships:  
Is There an App for That?”**

**Brad E. Sachs, PhD, The Good Enough Child; The Good Enough Teen; When No One  
Understands**

**Laurel Fay, LCMFT, Couples Therapist, “Families and Divorce”.**

**Chris Kraft, PhD, Johns Hopkins Center for Sexual Health, “Problematic Internet Sexuality:  
Assessment and Treatment”; “Dating and Sexuality in the New Millennium”.**

\$140 Full day program 8:30- 4pm 6 CE's

\$130 Early order discount by 1/14/11 No refunds after 4/1/10

Continental breakfast and lunch included

**Online registration now available**

At [www.probonocounseling.org](http://www.probonocounseling.org)

or call 410-825-1001 or 877-323-5800

**THE MIDDLE ATLANTIC DIVISION ANNUAL CONFERENCE  
FEBRUARY 24, 2012**

***TRAUMA WITHOUT DRAMA:  
FOUR INNOVATIVE, RESPECTFUL WAYS OF TREATING TRAUMA***



with

**BILL O'HANLON**

**VENUE TO BE ANNOUNCED**

Please visit [www.middleatlanticaamft.org](http://www.middleatlanticaamft.org) for forthcoming details!

## Maryland Chapter Update

### Connect and Create Community.

Need to meet with new colleagues? Interested in conversations about practice ideas? Want to learn about community resources? Crave more camaraderie and encouragement?

Volunteers or teams of volunteers are needed to help coordinate Regional Networking Events throughout the state.

This is a low-stress way to get involved with the Middle Atlantic Division and to have fun, too. So far, some members have successfully coordinated simple ninety-minute get-togethers at local coffee shops. Others have volunteered their homes and offices to encourage community networking. If you are interested and would like more details on how to get involved in your Region, contact Symone Colquitt.

#### Region 1

- \*Allegany County
- \*Frederick County
- \*Garrett County
- \*Washington County

#### Region 2

- \*Cecil County
- \*Hartford County

#### Region 3

- \*Howard County
- \*Montgomery County

#### Region 4

- \*Baltimore City
- \*Baltimore County

#### Region 5

- \*Anne Arundel County
- \*Prince George's County

#### Region 6

- \*Calvert County
- \*Charles County
- \*St. Mary's County

#### Region 7

- \*Caroline County
- \*Dorchester County
- \*Kent County
- \*Queen Anne County
- \*Talbot County

#### Region 8

- \*Somerset County
- \*Wicomico County
- \*Worcester County

#### Region 9

- \*Carroll County
- \*Frederick County

## A Recap of the Annual Conference with Esther Perel: “The State of Affairs”

On February 4, 2011, Esther Perel returned as the featured speaker at the MAD-AAMFT annual conference, speaking on “The State of Affairs: Rethinking our Clinical Attitudes toward Infidelity”. At our conference in 2009, Ms. Perel spoke on topics related to desire, based on her best-selling book *Mating In Captivity*. During that presentation, she touched briefly upon the topic of infidelity and her interest in exploring further the possible meanings infidelity could carry in an intimate relationship. The 2011 workshop represented her latest thinking on the subject, and proved to be worth the wait.

Ms. Perel began by inviting the audience to participate in a stream-of-consciousness exercise, in which we volunteered descriptors that come to mind when thinking of affairs and infidelity. This type of open exchange and mutual sharing of ideas characterized her entire talk. One of her noteworthy points was that at this time in American culture, modern intimacy is “bathed in self-disclosure”. She expressed concern over the lack of privacy an individual is “allowed” to have in an intimate relationship, and the perception that privacy, even privacy of the mind, is sometimes seen as a betrayal of one’s partner. Perel spoke frankly about other cultures, where knowing all doesn’t necessarily mean an increase in intimacy. She stated, “The more family-oriented a society, the more tolerant of affairs it will be in order to preserve the family...in the United States, the lying is more important than the sex; in the rest of the world, the sex is more important than the lie...does the unfaithful have a right to remain silent?”

Another fundamental thesis was that an affair of any type carries with it at least two meanings – what it meant for the spouse who did not have the affair, and what it meant for the one who did. Perel posited that in typical couples work the focus has primarily been on the former, and that her work sought to include the story of what function the affair served (or serves) in the life of the partner who participated. She challenged the audience to think of post-affair work as erotic recovery work – that our goals should include a striving for the aliveness, vibrancy, and vitality of the erotic life of each member of the couple, rather than only limited to a repair from a betrayal.

Ms. Perel’s presentation continued to ask new and challenging questions that we can use in our work with our clients. Some of these questions (for the betrayed partner) include: What drives

you: your suspicion or the truth? Can you separate this moment, this revelation, from the years that preceded it? Do you want to know the answer to your probing questions (about details, motive, etc) or do you want your partner to know you have the question? And for the affair partner: Can you do couples’ therapy now, when your heart is on fire for someone else? Have you experienced any significant losses or deaths around the time you started your affair? (Perel has found a powerful connection between mortality and transgression.)

For the partner who had the affair, Perel encouraged the therapist’s exploration of the meaning of the affair, and spoke about the function of an affair as providing autonomy and identity. At one point, she commented, “Oftentimes, people will go outside the marriage not to leave the person they’re with, but to leave the person they are – they don’t go looking for another person, they go looking for another self.” The challenge for the clients then becomes: can you incorporate who you really are – or who you want to be – in this relationship, and what are the ways either partner has not been able to do so up to this point?

In terms of affair recovery, Perel advocated an open discussion between partners that differentiated between a mere “I’m sorry”, to “I know what I did to you.” This difference moves beyond the “requirement” for the affair partner to feel regret and shame for the infidelity (since some don’t), to feeling and expressing regrets about what effects their affair had on their partner. She discussed the differences between restitution and retribution, and how restitution can liberate the partner who did not have the affair from having to carry the meanings of it for the partner who did. The focus of therapy can then be on bridging the loneliness of each person, since each is having a completely different experience than the other. We as therapists can facilitate the couple’s understanding of and respect for that difference, and help them experience new connection and vitality as a result of that understanding: “Unless both partners make room for the meaning of the affair – understand it and integrate it – the marriage cannot repair”.

**Laurel A. Fay, M.S., LCMFT**  
**President-Elect, candidate**

## Middle Atlantic Division – AAMFT Executive Board, 2011

### PRESIDENT

Christina Guidorizzi (1/11)  
[cguidorizzi@gmail.com](mailto:cguidorizzi@gmail.com)

### PRESIDENT ELECT, candidate

Laurel Fay  
[laurelfay@yahoo.com](mailto:laurelfay@yahoo.com)

### IMMEDIATE PAST PRESIDENT

Wendy Wilcox (1/09)  
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### TREASURER

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### ACTING SECRETARY

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### ELECTIONS COMMITTEE

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Symone Colquitt,  
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### LEGISLATIVE COMMITTEE

Washington, D.C., Vacant

### Maryland, (Acting Co-Chairs)

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Delaware, Ada González,  
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### MEMBERSHIP/PUBLIC AFFAIRS COMMITTEE

Chair, Shawna Lindberg  
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### MFT Representative to MJCIA

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## Schedule of 2011 Division Board Meetings

Friday, March 4<sup>th</sup>  
Friday, May 6<sup>th</sup>  
Friday, July 8<sup>th</sup>  
Friday, September 9<sup>th</sup>  
Friday, November 4<sup>th</sup>

All Division Board meetings are open to the membership of the Division. Meetings are held at 9:00 a.m. at the Loyola Graduate Center in Columbia, Maryland at

8890 McGaw Road Columbia, MD 21045.  
Telephone: (410) 617-7600.

## Call for Articles

The Middle Atlantic Division newsletter is always looking for a good story. If you have an experience in your personal or professional life, or know of some news that you would like to share, please send this information to the Division Office.

## Advertising Rate

The Middle Atlantic Division, AAMFT newsletter welcomes advertising. Copy must be print-ready. All copy, payments, and inquiries should be directed to the MAD Office. Checks are payable to the Middle Atlantic Division, AAMFT.

¼ page, \$40  
½ page, \$75  
Full page, \$90

Web advertising, \$75 per month

The Middle Atlantic Division, AAMFT reserves the right to reject advertisements that do not meet the general purpose of the organization.

### Editor

Michelle Florimbio

**Connections** is the official publication of the Middle Atlantic Division, American Association for Marriage and Family Therapy. Subscription to the newsletter is included with AAMFT membership. Dated material needs to be submitted in time for consideration by the reader. All material for the newsletter should be directed to the Division Office. The Middle Atlantic Division reserves the right to authorize reproduction of any articles submitted to this newsletter for publication in materials of other Marriage and Family Therapy organizations.

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